

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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FEBRUARY 8, 2008

Outlaws out battle Warriors

Lance Cpl. Alesha R. Guard

Combat Correspondent

The Warriors defeated the Outlaws, 9-7, in their second game of the Intramural Baseball League season at Risley Field here Monday.

The Warriors won with solid hits and pitching.

“Tonight we’re focusing on playing fundamental baseball,” said William Flatt, Outlaws head coach. “We want to turn it around from our last game and get rid of any butterflies. We’re going to get back into the swing of things.”

The Outlaws lost their opening game of the season, and said they were determined to flip the scoreboard against the Warriors.

“Today we’re trying to get an error-free game,” said Romeo Ibrao, Warriors head coach. “Each game, I tell the team to stick to the basics.”

Tom Hollman, Warriors centerfielder, started the game with a triple, then walked in his team’s first run. Bradley Rich, Warriors first baseman, hit a sacrifice fly for teammate Todd Lawhon, catcher, to bring him home for their second run.

At the top of the second inning, the Outlaws head coach could tell his team was already improving on their defense.

“Steven Cappeart, our left fielder, caught a fly ball, then threw out a Warrior runner by tagging third base and throwing it home for the double play,” Flatt said.

While the Outlaws played tough defense, the Warriors still managed to up their score with five more runs. Lawhon, with a double, helped the Warriors to 7-0 lead at the bottom of the 2nd.

See BASEBALL, C-6



Lance Cpl. Alesha R. Guard

Bradley Rich, Warriors pitcher, winds up for the pitch, during Monday nights intramural baseball game at Risley field.

Giants win, sweet for bitter Raiders fan

Ethan E. Rocke

Okinawa Marine design editor

Wow. What a game.

Professional sports are not always about your team; oftentimes, particularly when your team does not make the playoffs or the big game, the entertainment value of an event like the Super Bowl is more about the story behind the game than it is who comes out on top.

And what a story it was in Super Bowl XLII. Set amidst a backdrop of buzz hyping one of the oldest clichés in sports – “David vs. Goliath” – the game was supposed to tell the story of the greatest team in football history. It was supposed to be nothing more than a punctuation mark for that story, which virtually everyone in the media had already written.

But the Giants had another story to tell, and the sports writers and media pundits were caught scratching their heads for a moment as they put away the pre-written tem-

plate from the last three New England championships and quickly embraced the unlikely story of greatest upset in Super Bowl history.

And while there were plenty of fans rooting for the underdogs and anxious to see the less likely of the two historic conclusions, perhaps no group of fans (aside from loyal Giants fans) felt the sweet romance of the Giants’ story quite the way we Oakland Raiders fans did.

For a lot of Raiders fans, the Giants story is connected to a story of our own. It is the story of a fierce grudge.

It all started in 2002. The Patriots unholy dynasty, as I like to call it, started at my team’s expense with a now infamous play in the 2001-2002 AFC Divisional Playoff game at the Patriots’ Foxboro Stadium.

With the Raiders leading 13-10 with less than two minutes remaining in regulation, Raiders defensive back Charles

See GIANTS, C-6



Photos by Lance Cpl. Achilles Tsantarliotis

A Combat Services Support Group 3 player breaks down court at the start of the second half. CSSG-3 came out strong, making decisive passes to open men and taking advantage of every break away they had.

CSSG-3 victorious over MCAF 45-44, in last minute

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

Combat Services Support Group 3 slid by Marine Corps Air Facility, 45-44, in a dramatic, last second three-point shot by point guard Willie Watts, Tuesday, during an Intramural Basketball League season game at the Semper Fit Center.

The teams were never separated by more than 10 points during the game, forcing each other to work for every point and eventually sending a majority of the shooters to the free throw line because of constant fouling.

The game started off with excitement, as the teams played up front and personal man-to-man coverage, determined to take the game from the beginning. To their disappointment, neither team let up. As soon as MCAF fell behind, they turned up the intensity and closed CSSG-3’s lead with tough defense and offensive teamwork.

The first half of the game ended with CSSG-3 ahead 31-23, as both teams began to show signs of fatigue and hasty offense, leading to rapid turnovers.

After halftime, CSSG-3 came out strong, making decisive and careful assists, taking full advantage of the point guards sprinting down court at the first sign of a turnover.

Pushing through CSSG-3’s tough and reactive offense, MCAF began closing the gap by making technical plays in the key, opening up forwards to make lay-ups despite the heavy pressure. Adam James, guard, MCAF, also helped catch up to CSSG-3 with a beautifully arched three-point shot over a shadow casting defender, leaving CSSG-3 with only a two-point lead, 34-32, and minutes on the clock for MCAF to catch up.

With only a few field goals and heavy defense needed for victory, both teams came alive as they pushed through the final minutes of the game, fiercely defending and regularly fouling.

With only seconds remained on the clock, Watts, made a break from the other side of the court, running like an Olympic athlete toward the hoop, suddenly stopping at the three point line, 15 ... 10 ... 4 seconds remained as he leapt with perfect form, gracefully releasing at the top of his jump and leaving a rainbow-like arch to the center of the rim, more than 20 feet deep, triumphantly ending the game 45-44, CSSG-3.

See BASKETBALL, C-7



A Combat Services Support Group 3 player takes a free throw in the last minutes of an Intramural Basketball Game, ending with fierce competition and aggressive defense, with CSSG-3 victorious over MCAF, 45-44.

NFL players take a shot at ISMT



Lance Cpl. Brian A. Marion

Leonard Davis, tackle, Dallas Cowboys, signs a football for a Marine outside of the Indoor Simulated Marksmanship Trainer here Tuesday. Davis and other football players autographed footballs and talked to Marines after firing in the ISMT.

Lance Cpl. Brian A. Marion

Combat Correspondent

Seven National Football League players visited 3rd Marine Regiment’s Indoor Simulated Marksmanship Trainer at Building 1045 Tuesday.

The NFL Players’ Association had the players visit military bases on Oahu to get a feel for military training.

“I’ve always admired you all for the way you defend this country,” said Flozell Adams, tackle, Dallas Cowboys. “I can see that if you aren’t on your game, like we are when we play, then you can lose your life, whereas we would just lose the game.”

The players fired compressed air at computer generated images using

See NFL, C-7



Photos by Lance Cpl. Alesha R. Guard

Three and 4-year-olds from Kupulau Child Development Center try to find the bad tooth on Mr. Alligator, during a dental education class given by 21st Dental Company Tuesday.

Nutrition, oral health in children facts

Lt. John McGehee

21st Dental Company

What foods cause tooth decay in children?

Many different types of food can cause tooth decay in children, not just candy. Foods high in carbohydrates, as well as some fruits, juices and sodas, peanut butter, crackers and potato chips are culprits. Factors that cause tooth decay include the frequency in which the foods are eaten and the time they remain as particles in the mouth.

Are children safe drinking soda and other beverages?

Dentists believe kids who consume too much soda and not enough nutritional beverages are prone to tooth decay in addition to serious ailments later in life, such as diabetes and osteoporosis. Drinking carbonated soft drinks regularly can contribute to the erosion of tooth enamel. Enamel breakdown leads to cavities. If erosion spreads beneath the enamel, pain and sensitivity may eventually result. This can cause nerve infection, which can result in the need for a root canal.

My children rarely drink soda. Are they still at risk for tooth decay?

Yes. Any prolonged exposure to soda can cause damage. Sipping a soft drink all afternoon is more harmful to your teeth than drinking a large soda with a meal and then not drinking any soda for the rest of the day. While many dentists advocate drinking nutritional beverages, such as milk, many agree soda should be consumed from a can rather than a bottle with a replaceable cap to discourage prolonged exposure to soda.

How can children prevent damage to their teeth?

Children at school should rinse their mouth with water after meals, leaving their teeth free of sugar and acid. Children also should seek sources of fluoridation. If you purchase bottled water, be sure that it is fluoridated. Encourage children to drink tap or fountain water. Use a straw when drinking soda to keep sugar away from teeth. Remember, bottled juices are not a good alternative due

to the high sugar content. Regular dental checkups, combined with brushing with fluoride toothpaste, also will help protect children's teeth.

How can I help my child prevent tooth decay?

Parents should take their child to the dentist just after the first tooth appears. Brushing teeth after meals, regular flossing and fluoride treatments are the best ways to prevent tooth decay. Children should also be supervised as they brush. A good rule of thumb is that when children can dress themselves and tie their own shoes, then they are ready to brush unsupervised. Children should be supervised in proper flossing techniques until the age of

10. If you have any concerns about your child's dental health or want some tips on preventing tooth decay, ask your dentist.

The Academy of General Dentistry is a non-profit organization of more than 35,000 general dentists dedicated to staying up-to-date in the profession through continuing education.

A general dentist is the primary care provider for patients of all ages and is responsible for the diagnosis, treatment, management and overall coordination of services related to patient's oral health needs.

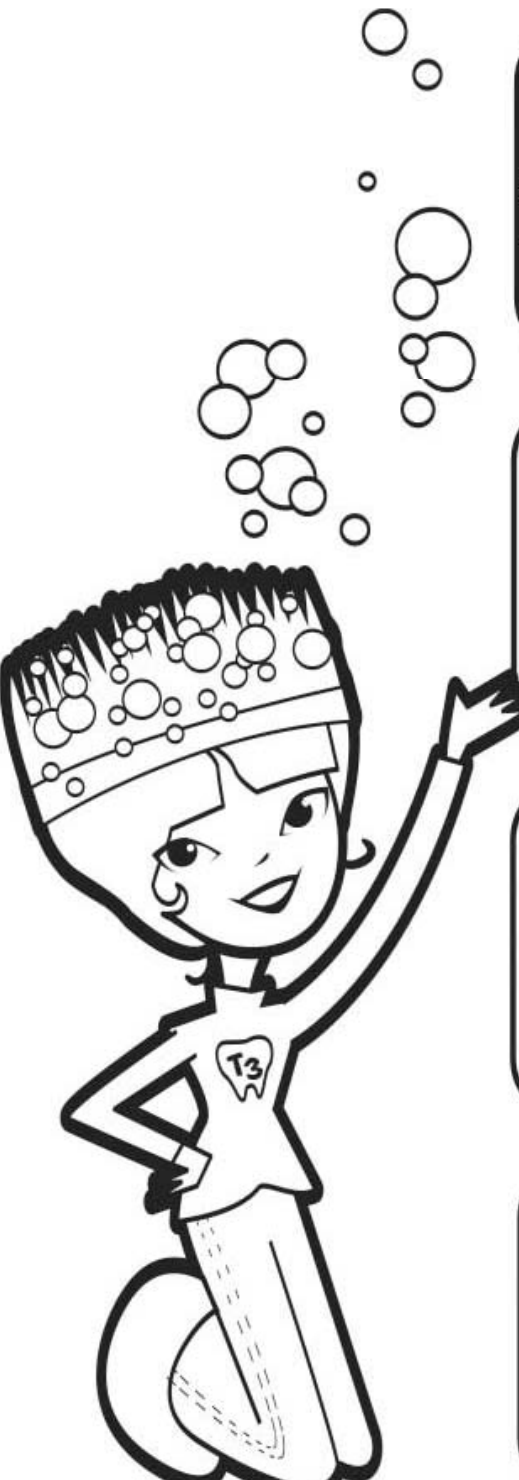
Learn more about AGD member dentists or find more information on dental health topics at <http://www.agd.org/consumer>.



A boy at the CDC dental education class pretends to brush his teeth.




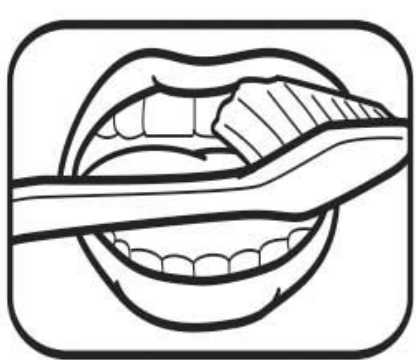
February is National Children's Dental Health Month

Fight Tooth Decay 24/7!



How to Brush

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and keep your breath fresh.



ADA
American Dental Association
www.ada.org

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SPOTLIGHT ON SPORTS

—SPORTS BRIEFS—

Pro Bowl and Tailgate Party

The Single Marine & Sailor Program event Feb. 10 is open to all single Marines and Sailors E-5 and below and their sponsored guests. Tickets are \$50, which includes transportation from Kahuna's at 9 a.m., a sideline ticket, food and drinks. For more information, call Marcella T. Cisneros at 254-7593.

Swamp Romp

The 14th Annual CSSG-3 Swamp Romp is Feb. 23 at the Boondocker starting at 7 a.m. The Swamp Romp is a 5-mile mud run that starts and finishes at the Boondocker Obstacle Course. Teams of six can register and pay the \$120.00 entry fee at the Semper Fit Center or online at www.mccshawaii.com/cgfit.htm. Late registration fees begin on Feb 16. For more information, call Meghan Brophy at 254-7590.

Family Bowling Day

Operation Homefront is hosting a family bowling day Feb. 23 at K-Bay Lanes from 1 to 4 p.m. The event is open to families of deployed and deploying Marines and Sailors. Information and tickets distributed by unit Family Readiness Officer. For more information, call Xiomara Bowes at 257-2087.

Ping Pong Tournament

The Single Marine and Sailor Program is hosting a ping pong tournament Feb. 27 at the Camp Smith recreation center from 11 a.m. to 1 p.m. The tournament is open to all single Marines and Sailors E-5 and below. E-5 and below can invite E-6 and above to participate. Sign up at the Semper Fit Center or Camp Smith Rec Center. For more information, call Marcella T. Cisneros at 254-7593.

Spring Splash

Sign up now for free swim lessons and free Red Cross swim evaluations March 1 from noon to 4 p.m. There will also be a bouncy house, music and games. The event is free and open to all military, family members and Department of Defense employees. For more information, contact Marine Corps Community Services Aquatics at 254-7655.

Surf & Turf Race

The Headquarters Battalion Surf & Turf 5k is March 29 at 7 a.m. The scenic course goes through Klipper Golf Course to North Beach. Cost is \$17, but goes up to \$20 after March 21. For more information or to register, call 254-7590, visit the Semper Fit Center here, or log onto <http://www.mccshawaii.com/cgfit.htm>.

Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel). Sign up at Youth Activities, or call 254-7610 for more information.

Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more. For more information, call 254-7610.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older. For more information, ccall 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers. Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu. For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation. For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

2008 Intramural Basketball Standings

TEAM	WINS	LOSSES
HQBN "IPAC"	4	0
CSSG-3	3	1
VP-4 #1	3	1
CPRW-2	3	1
HSL-37	3	1
MCAF	3	1
3RD MARINES	2	2
3RD RADIO BN	2	2
MALS-24	2	2
HMH-362	2	2
VP-4 #2	1	3
SNCOA	0	3
VPU-2	0	3
VP-9	0	4

Standings as of Feb. 4



2008 Intramural Baseball Standings

TEAM	WINS	LOSSES
HQBN	2	0
3RD RADIO BN	1	0
MAG-24	1	0
CMO	1	0
CPRW-2	0	1
CSSG-3	0	2
1/12	0	2

Standings as of Feb. 4

Semper Fit offers group classes



Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and butt as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class working on

getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

Yoga

Stretch your mind and your workout in this conditioning class. Learn how to be more fit, flexible and ease all your daily stress.

Ask about discounts for active-duty members. For more information, call 254-7597.

Be cool at the Base Pool!



Winter hours

Open Swim

Tuesday through Friday 1 to 5 p.m.
Saturday and Sunday Noon to 5 p.m.

Adult Lap Swim

Tuesday through Friday 11 a.m. to 1 p.m.
Saturday and Sunday lanes available Noon to 5 p.m.
The pool is closed on Monday.
Swim lessons will be available for infants to adults in March 2008.
Lessons are open to all active duty, family members and DoD employees.
For more information about hours of operation or times available for lessons, call Dino Leonard at 254-7655.

HEALTH AND WELLNESS

Bone marrow drive could help save three sisters

News Release

Department of Defense

Editor's note: Marine Corps Base Hawaii is having a meeting for volunteers who would like to learn to help register donors on the National Registry, a list of bone marrow donors. The meeting is at the Base Chapel, Room 29, Feb. 20, from 8-8:30 a.m. Marine Corps Community Services needs 20-25 volunteers. Medical experience is not necessary. The actual bone marrow registration drive is March 15 at Mokapu Mall from 9 a.m. to 4 p.m.

Washington, D.C. — Lieutenant Steven Flynn, currently stationed in Brunswick, Maine, is one of many military fathers desperately seeking a bone marrow match for his children. Their oldest daughter was born with a rare genetic blood disorder that can be corrected with a bone marrow donor transplant. Neither of the parents nor any family members matched the daughter. There was no one on the national registry that matched either. “Our family has had the unfortunate luck of having three of our five children stricken with a terrible disease,” Flynn said. “Two of

the three girls, the twins ... who’re only a year old now, obviously don’t know the outcomes of their diseases, but our 7-year-old daughter ... does and she knows that she will need a bone marrow transplant in the near future. This is a scary time for our family, but with the help of our military family, we hope to find a donor to save our children.”

“So far our search has been disappointing but we are hopeful with the future bone marrow drives that we will find a close enough match for all three girls,” the girls’ mother said. “In our situation we only need to find two donors because two of the girls have the same HLA typing. I encourage people to join the bone marrow registry because it is a way of helping others that need it. It will give you a sense of accomplishment just knowing that you could be that miracle a family is looking for.”

“Hundreds of military personnel and family members need life-saving bone marrow matches,” said Lt. Cmdr. Cindy Campbell, Bone Marrow Donor Drive coordinator. “What if this were your son or daughter, your brother or sister, would you sign up - absolutely, so

come out and register.”

When Senior Chief Jeff Harsh, currently stationed at Naval Air Station Coronado, decided to register in the National Bone Marrow

Donor Registry Program, he didn't really expect that he'd be called. But, less than a year later, he was presented the opportunity to save a complete stranger's life halfway

across America.

"I couldn't believe it," Harsh said. "I mean, I know people who've been registered for years, and never been called."

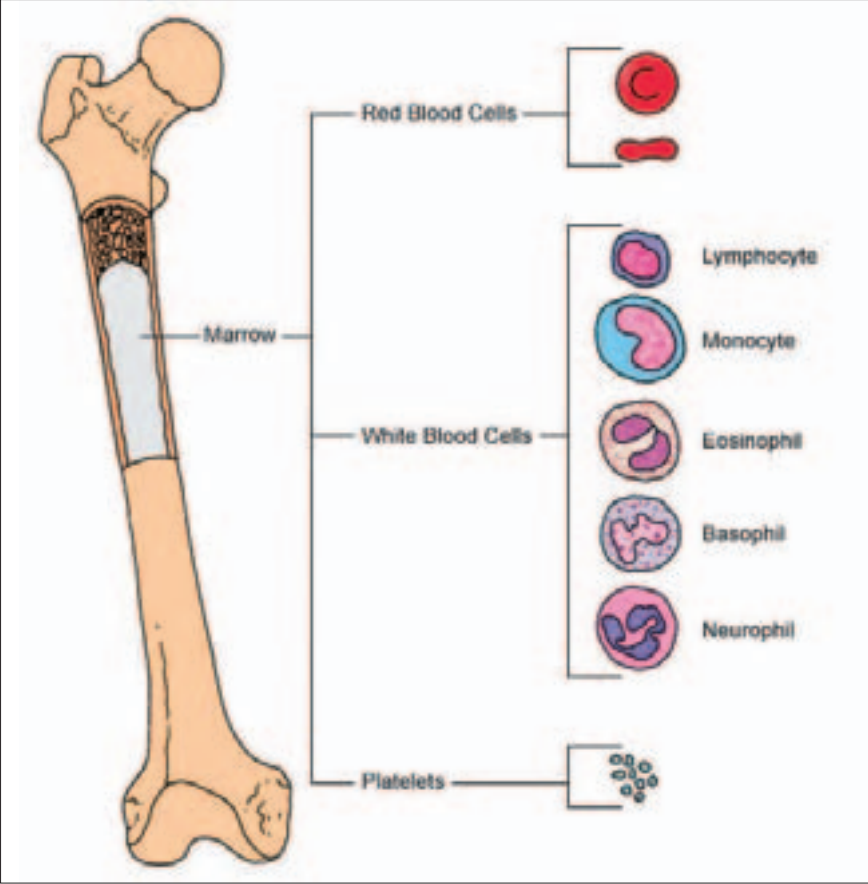
Harsh said the C.W. Bill Young/DoD Marrow Donor Center took care of all the travel-related expenses for the bone marrow donation.

"It took almost no effort. I registered. I matched a 17-year-old male. They flew me to Georgetown University, Washington, D.C., for the donation," Harsh said. "It was just that easy for me, and if I hadn't registered, that young man probably would have died."

Harsh said as a parent himself, he could not imagine the pain the young man's parents must have felt at being helpless, watching and waiting for their son to die.

"His family told me that there was no amount of money that could save their son," Harsh said. "They said it took a gift from a stranger, and now that young man will be able to raise his own family."

For more information, call Dan Dufrene at 254-7636, or contact the DoD Bone Marrow Donor Center at (800) MARROW-3.



Courtesy illustration

New bone marrow donation procedure easier, painless

Lt. Cmdr. Cindy Campbell

Department of Defense

A few facts:

The goal of the Department of Defense Bone Marrow Donor Program is to register personnel for the National Registry. There are more than 500 people in the DoD (family members and active duty) that are sick with disorders like leukemia who need life-saving bone marrow transplants.

Bone marrow donation is easier than ever. There's a new way to extract bone marrow. A week prior to the extraction you're given medication that helps pull bone marrow into your blood stream. You are then hooked up to a machine, just like giving platelets, that pulls blood out of one arm, spins it through a machine that puts the bone marrow cells into a bag, then the remaining blood is sent back into the other arm. The process takes about two hours; you watch a movie and are fed juice and cookies throughout the process. It's that easy. The other method of extracting bone marrow is through needle extraction through the lower back area.

There is little pain associated with being a donor. Most will feel achy all over, like you're getting the flu, or if they extract bone marrow from your lower back/hip you may feel soreness in that area for about a week. It's a

small price to pay to save a life.

There's a lot of misinformation about being a donor, and we need to ensure people understand how simple it is.

On the day of the drive, all that's required is four q-tip swabs and two pages of paperwork. There are very few disqualifiers and they're very serious such as HIV and active cancer. You CAN register if you've been turned down to be a blood donor. You CAN register if you have lived in the UK, Africa or Iraq, had a recent tattoo, received anti-malaria medication or the anthrax vaccination.

The DoD will pay for all expenses for the procedure including a spouse or friend to accompany you. The procedure takes place at George Washington University in Washington, D.C. Although it's only a few hours, you're given five days in a hotel, all expenses paid for two.

It is vitally important that as many people as possible get on the list to increase the odds of finding a match.

Flight crew and pilots can register. If called to be a donor you may be off flight status for about 15 days, but up to 30 days.

The DoD has put people on the National Registry since 1989. We're now the number one center in the country providing donors. In 2007, 421 DoD personnel were donors.

A year after being a bone

marrow donor you may request to meet your recipient, as they may also request to meet you. It's voluntary. Many personnel don't want to meet their recipient.

You only have to register once. If you registered off base we ask that you do it again with DoD so we have your file.

Even after you're on the list, it is still voluntary. You're not obligated to be a bone marrow donor in the future. Your registry information is confidential and at no time will your name ever be disclosed to a potential recipient even after you are a donor unless you want it disclosed.

If you're on deployment in Iraq or elsewhere worldwide and called to be a donor we will work with your command to get you back to the states for the procedure. We've already had numerous personnel from Iraq return home to save a life.

Most people will not find a match within their own family (only a 25 percent chance). They must rely on



Air Force Master Sgt. Kimberly Spencer

Second Lt. Joanna Moore, left, and Tonia Beltran explain the bone marrow transplant procedure to Army Sgt. Joe DeLashmutt at Wilford Hall Medical Center, Lackland Air Force Base, Texas, July 7. The bone marrow, a thick, red bloodlike substance, is given intravenously.

the National Registry.

What if you had leukemia and there was no one on the registry that matched you? Would you want the person

sitting next to you to help you out? How would you feel if you knew there was someone out there that could save your life but had failed to register? My ship-

mate died of leukemia many years ago; he could have lived if only there had been a match. He was 33 years old and left a wife and two small children.

HEALTH AND WELLNESS

Stroke leading cause of death in African Americans

News Release
American Stroke Association

Black History Month — a time to recognize past achievements — is also a good time to focus on one of the greatest threats to African Americans: stroke.

Stroke is the third-leading cause of death among African Americans, and more than 100,000 will suffer one this year.

But African Americans can get help to reduce their stroke risk through Power To End Stroke, an educational cause campaign of the American Stroke Association, a division of the American Heart Association.

The association encourages African Americans to sign a pledge to make a commitment to reduce their stroke risk. Once signing the stroke pledge, they may become Power To End Stroke ambassadors who help spread the messages about stroke.

Power To End Stroke tools include brochures, a risk assessment quiz, Family Reunion Toolkit, Power Sunday Church Toolkit and Healthy Soul Food Recipes cookbook.

The Family Reunion Toolkit helps spread stroke awareness to family members, while the Power Sunday Church Toolkit focuses more on members of the community. The 46 Healthy Soul Food Recipes

Cookbook contains healthy variations to traditional soul food recipes.

“African Americans are at a particularly higher risk for stroke because of their increased risk for hypertension, high cholesterol and diabetes,” said Emil Matarese, M.D., clinical neurologist at St. Mary’s Medical Center in Langhorne, Pa. and Power To End Stroke spokesperson.

“Through the Power To End Stroke campaign, we are teaching people how to reduce these and other stroke risks. We are also teaching our population how to recognize five simple signs of stroke and to understand that getting to the hospital immediately can potentially reduce the pain, suffering and disability from stroke.” The five simple signs of stroke are:

- ♦Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- ♦Sudden confusion, trouble speaking or understanding.
- ♦Sudden trouble seeing in one or both eyes.
- ♦Sudden trouble walking, dizziness, loss of balance or coordination.
- ♦Sudden, severe headache with no known cause.

Doctor Martin Luther King Jr.’s message of freedom was reiterated through the words of his daughter, the late Yolanda King, “We will only be truly free when we reach down to the inner depths of our own being



File photo

and sign with the pen and ink of assertive selfhood, our own emancipation proclamation.

No civil rights, no voting rights, no equal rights, no immigration rights are worth fighting for if we are dying from heart disease and stroke,” she said while serving as a

Power To End Stroke ambassador shortly after her mother, the late Coretta Scott King, suffered a stroke.

For more information, call the American Stroke Association at (888) 4-STROKE or visit <http://www.strokeassociation.org/power>.

At the Web site, you can:

- ♦Take the stroke pledge to begin the journey to reduce stroke risk.
- ♦Receive free information about African Americans and stroke.
- ♦Find out how to reduce stroke in the community through the Power To End Stroke campaign.

Can mental health counseling ruin your security clearance?

Lance Cpl. Brian Lewis
II Marine Expeditionary Force

A Marine’s security clearance can be an important aspect of their career. It allows them to keep the job they have, and may open opportunities in civilian markets.

People endure many levels of stress and can suffer from it in today’s world of choice and change. Many service members ignore mental health assistance due to fear of career stigma and risks, such as maintaining a security clearance. This fear begs the question, “Can I lose my security clearance if I seek mental health assistance?”

The answer is, not at all. The main concern listed in the Adjudicative Guidelines for Determining Eligibility for Access to Classified Information memorandum is that certain emotional, mental and personality conditions can impair judgment, reliability or trustworthiness.

“Whether or not access is suspended is up to the Commanding Officer,” said Jo Ann Bolton, Department of the Navy Central Adjudication Facility, Naval Criminal Investigative Service, Washington, D.C. “That is generally not done just because someone seeks counseling.”

Security clearance is handled separately from security access. Clearance is the level of security access you are allowed, such as being able to view classified materials. Security access is only allowed if the person’s job requires it.

Security access can be taken if the commanding officer deems necessary, while security clearance is reviewed by the Department of the Navy, Central Adjudicative

Facility, said Thomas J. Langlois, command security manager, II Marine Expeditionary Force.

“As far as mental health, a competent medical official must first interview the person,” Langlois said. “If they have concerns about the individual, I will send a discrepancy report off.”



File photo

A clearance could be removed following a diagnosis from a duly qualified mental health professional suggesting it, but the initial attempt to begin counseling will not reflect the person in a negative manner.

“We may request an evaluation be done to answer some specific questions we have,” Bolton said. “Voluntarily seeking mental health counseling is actually viewed as a positive and would be seen as mitigating information.”

Conditions that may raise risk of your security clearance consist of behavior that leaves concern in an individual’s character, an examination by a duly qualified mental health professional stating negative assessment or an individual failing to follow suggested treatment.

If the person is demonstrating good behavior with any treatment suggested, attends counseling, and is listed as ‘under control’ by a health professional, the patient’s clearance will not be at risk.

“Two percent of denied and revoked clearances were due to mental health issues in fiscal year ’07,” Bolton said.

Patients wishing to combat mental health issues with counseling are highly encouraged to seek the help and should not worry about losing any of their privileges, Bolton said.

For additional information, contact the unit security manager.

GIANTS, from C-1

Woodson came on a corner-back blitz and drilled Patriots quarterback Tom Brady, knocking the ball out of Brady's hands just after he pump faked a pass. The Raiders recovered the fumbled ball.

After reviewing the play, the officials overturned the call on the field, citing a new, poorly written rule, now infamously known as “The Tuck rule.”

I lack the space here to make the case for why that moment is one of the gravest injustices in sports history, but anyone who's interested can watch the replay on YouTube and read the actual tuck rule word for word on Wikipedia.

I say those two sites are all anyone needs to see that the Patriots stole a victory in that game – a victory that was the sports-world equivalent of a criminal going free on a legal loophole. And that moment was, arguably, the beginning of the trend that came to define the Patriots as the team that always finds a way to win. That was, after all, the year the Patriots went on to defeat the St. Louis Rams in Super Bowl XXXVI and secure the first of three championship seasons in five years.

Of course, no Patriots fans will ever see the Tuck as the grave injustice it is. Patriots fans will forever defend the call. They love to point to everything that happened after the play and say the Raiders had plenty more chances to stop the Patriots (who won 16-13 in overtime). Irrelevant.

Perhaps I wouldn't hate the Patriots so much if they hadn't gone on to poke a finger in my eye in three super bowls, always dashing my hopes of a New England defeat – in dramatic fashion – with some last-minute heroics by Brady or placekicker Adam Vinatieri.

Year after year, I've watched the Patriots build on their unholy dynasty, and year after year, I've cursed them and despised them for their greatness. Every Brady two-minute drill and every Vinatieri field

goal has been just another Tuck in my mind. Every victory, every championship and every record broken by the Patriots since 2002 has been like pouring lemon juice in a paper cut for me.

This season was no different as the Patriots taunted me endlessly, narrowly escaping defeat on several occasions to stay perfect.

For a moment in Super Bowl XLII, I thought the Patriots would do it again. When the Giants punted the ball away on 4th and 1 about midway through the fourth quarter, I imagined Brady and Bill Belichick cutting lemons on the sideline. When the Patriots drove the length of the field to go ahead 14-10 late in the fourth, I started to get that sick feeling I get whenever Brady stages a late drive. But when the Giants got the ball back with 2:42 remaining, I started to believe. I said aloud, "Come on Eli; be a hero."

Anyone who cares enough about sports to read this knows that Manning answered my call, and, in doing so, gave me and the rest of the world one of the greatest finishes in Super Bowl history. He also threw in one of the Bowl's greatest plays (Manning narrowly scrambling away from a horde of defenders and hitting David Tyree for a miraculous 32-yard reception).

In the end, the Giants gave everyone not pulling for the Pats a great story. We Raiders fans just got an added bonus: hope that New England's unholy dynasty can be broken.

I won't go so far as to say God was watching this game, but I know there was some force at work, be it karma or just good old-fashioned justice. After all, it can't be pure coincidence that two of the Giants defense's five sacks on Brady came from one of the game's top performers, a guy named Justin Tuck.



Romeo Ibrao, Warriors head coach, cheers on his team during a Monday night Intramural Baseball League game against the Outlaws.

BASEBALL, from C-1

After a two-inning shutout, the Outlaws flipped the table, scoring four runs in the third inning, two runs in the second and allowing the Warriors none.

It was a double shutout in the fifth inning, bringing the score to 7-8, with the Warriors barely hanging onto the lead.

Both teams got two more runs in the sixth inning before the game was called for time, ending the game with Warriors in the lead, 9-7.

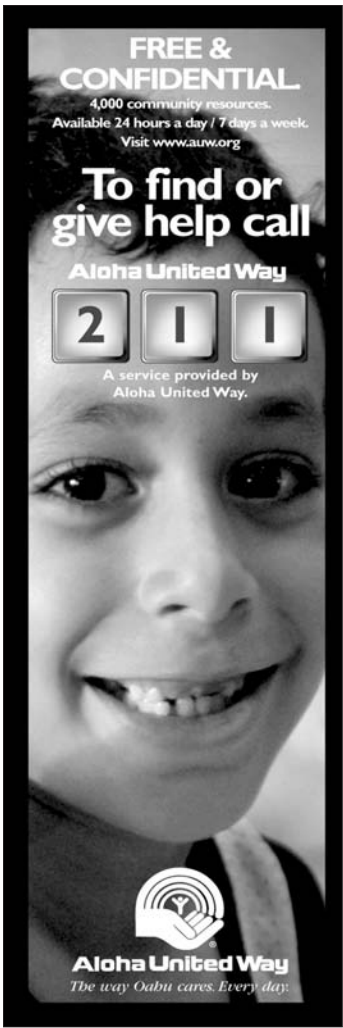
"We played a defensively sound game tonight," said Benjamin Chester, co-captain for the Outlaws. "We improved 100 percent from the last game – our fielding improved, our batting came alive, and we had a lot more patience."

The Outlaws head coach agreed.

"We have a lot of returning starters from last season and quite a few new players added



Todd Lawhon, Warriors player, rounds first base during an Intramural Baseball League season game against the Outlaws.





Lance Cpl. Brian A. Marion

Ryan Ponbriand, Cleveland Browns, right, aims at a computer generated landscape in a scenario where he had to defend a position alongside other football players at 3rd Marine Regiment’s Indoor Simulated Marksmanship Trainer here Tuesday.

NFL, from C-1

weapons ranging from the M-2 .50 caliber machine gun, down to the M-4 carbine.

From patrolling a desert to defending a position from an attack, to firing on a range, the players shot the weapons, reloading when necessary.

“It looks like they’re having a blast out there,” said Cpl. Derek S. Gibson, combat marksmanship instructor, ISMT, 3rd Marine Regiment. “It’s good for them to come experience what we do and how we do it.”

The ISMT personnel took this opportunity to set up a few additions to the simulator. They added a makeshift turret to get a feel of how Marines fire weapons from inside a vehicle. They also added a few more machine guns and new simulations for the Marines to use later on.

“It only took a couple of days to put everything together,” Gibson said. “We figured since we knew they were coming, we would set everything up before they came.”

There were misses, and there were hits as the players fired the weapons and felt the simulated recoil from them.

“I didn’t know the guns were that heavy until I picked one up,” Adams said. “You really got to concentrate on firing. The first couple of shots are cool, but then you start to get tired and then the gun starts to move so you try to muscle it still.”

Along with Adams, T.J. Houshmandzadeh, wide receiver, Cincinnati Bengals; Josh Cribbs, wide receiver, Cleveland Browns; Albert Haynesworth, defensive tackle, Tennessee Titans; Leonard Davis, offensive tackle, Dallas Cowboys; Ryan Pontbriand, center, Cleveland Browns; and, Kellen Winslow, tight end, Cleveland Browns, took turns with each weapon in the ISMT.

“They’re doing something they normally wouldn’t have a chance to do,” said Christie Cagnon, coordinator, membership services, NFL Players’ Association.

After the players finished firing, they met with Marines from Wounded Warriors Company, 3rd Marines, who were injured in Iraq or Afghanistan.

Cameras flashed, players signed footballs and the small crowd applauded as a quick autograph session took place.

As the players left the

ISMT, the Marines joked and laughed among themselves.

“They’re big fellows, but I could’ve taken the big one,” said Lance Cpl. Matthew Carhart, Wounded Warriors Company. “It’s still cool that they came out here.”

The NFL players are on Oahu for the American Football Conference-National Football Conference Pro Bowl Sunday at Aloha Stadium in Honolulu.

BASKETBALL, from C-1

Once the clock ran out, the celebration ended quickly as confusion broke out over MCAF’s attempt to call a time-out without notice. The referee allowed time back on the clock and let MCAF have a last chance to throw up the ball.

With only seconds to get to the opposite side of the court and shoot, the nearly half-court hock missed and CSSG-3 continued their celebration.

“We played hard,” said Jerry Robertson, coach, CSSG-3. “We started to get a little sloppy toward the end and let them come up on our 10-point lead. But, we started playing a tight defense/offense and gained the upper hand.

It was definitely a close game and they’re a good team; they came into this with the same record as us, three and one.”

The defeated MCAF felt they could have easily won with a consistent offense

and vigorous man-to-man coverage.

“We could have won if we played consistent throughout the game,” James said. “It was neck and neck at the end - it was too little time to get that shot off.”

To see some of Marine Corps Base Hawaii’s service members in action or show support for your unit, check out games Monday, Tuesday, Wednesday and Friday at the Semper Fit Center, 6 - 10 p.m until the playoffs begin in early May.



Lance Cpl. Achilles Tsantariotis

Adam James of MCAF shoots during the final minute of an Intramural Basketball Game Tuesday against CSSG-3.

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AROUND THE CORPS

Wounded warriors compete in airsoft tournament

Lance Cpl. Katie Mathison
II Marine Expeditionary Force

JACKSONVILLE, N.C. — Despite rain and cool temperatures, approximately 25 people dressed in cammies, flight suits and even ghillie suits, carrying machine guns, assault rifles and pistols competed in an airsoft tournament at Sportsman’s Lodge here Jan. 26.

A few of the participants were Camp Lejeune Marines with Wounded Warrior Battalion - East, Wounded Warrior Regiment, Manpower and Reserve Affairs.

“For the wounded warriors who can play, it’s great physical therapy,” said Lance Cpl. Brian Densmore, a wounded warrior and enlisted advisor with the Science and Technology Department, II Marine Expeditionary Force. “It really motivates us to get out there and do something physical, but it also serves as an awesome stress reliever.”

Airsoft is a hobby that began in Japan in the late 1970s. The sport was created to provide an alternative for gun hobbyists, because the Japanese government outlawed gun ownership. The weapons look very similar to real firearms with the exception of their bright orange tips and 6mm plastic ball bearing ammunition. The BBs can hurt, but cause minimal skin damage.

Sergeant Jason Bingham, the battalion’s police sergeant, began playing airsoft before he joined the Marine Corps.

“I began playing in high school,” Bingham said. “A friend of mine brought a gun over after school one day, and I thought it was cool. Then I looked it up online and started to get really into it.”

The difference between playing now and playing in high school is the military tactics, Densmore said. There really were no tactics, just guys with weapons shooting each other, and now there are rules, scenarios and actual

use of tactical maneuvering.

The entire game is based on the honor system; teams rely on an individual’s integrity to identify when they’ve been shot. After an individual is shot, they exit the field holding their weapon above their head to let other players know they are out for the remainder of the round.

There are several games competitors play throughout the tournament and each round is a military simulation, combining airsoft play with military strategy.

“The games are fun to play because we actually get together as a group beforehand and set up the rules for each scenario,” Bingham said.

Densmore said a lot of the game’s appeal comes from the weapons themselves.

“They are very realistic,” he said. “Sometimes the only way you can tell the difference is the bright orange tip they are required to have for shipping.”

Safety is always a priority when participating in airsoft, and players are required to wear eye protection at all times during game play. Several players choose to wear other protective gear such as facemasks, heavy clothing and hats to cover as much of their body as possible, so the BBs don’t leave marks.

At the end of the day, the wounded warriors headed back to the barracks cold, wet and feeling pain in their injured limbs, but they felt it was well worth it, Bingham said. They were already working up strategies and plans for the next Saturday.



Lance Cpl. Katie Mathison
Sergeant Jason Bingham, police sergeant, Wounded Warrior Battalion - East, Wounded Warrior Regiment, Manpower and Reserve Affairs, competes in an airsoft tournament at Sportsmans Lodge Jan. 26. The competitors shoot members of the other team with airsoft weapons.

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